Study	Design	Studies	N	Aim	Intervention	1	2	3	4	5	6	7	8	9	10
Jonkman et al., 2016	RCT	14 studies, 1985-2013	3282	Determine if self-management programs were associated with better outcomes and if any subgroups benefit more	Interventions providing information to patients and including 2+ of: stimulation of sign/symptom monitoring; education in problem solving skills, i.e. self-treatment of acute exacerbations and stress/symptom management; smoking cessation; and stimulation of medical treatment adherence; physical activity; or improving dietary intake. Components aimed at enhancing the patient's active role and responsibility.	☺	☺	☺	😐						
Lenferink et al., 2017	RCT	22 studies, 1995-2017	3854	To evaluate the efficacy of COPD-specific self-management interventions that include an action plan for exacerbations	Must include a written action plan for AECOPD and an iterative process between participant and healthcare provider(s) in which feedback was provided.	☺	😐	☺	😐	😐		😐		☹	

Table ☺= improved, 😐= no change, ☹= worsened., grey shading indicates outcome was not analysed. HRQoL= health related quality of life, 6MWD= six minute walk distance, RCT= randomised controlled trial, CCT= controlled clinical trials, COPD= chronic obstructive pulmonary disease, ED= emergency department, PR = pulmonary rehabilitation.